

FITNESS TEST – RECORD TIME TO COMPLETE ONE ROUND

Phase	Reps	Exercise	Comment
Cardio	30	Mountain climbers	1 repetition = both knees (not 1) have alternated forward
	30	Forward/Back runs	1 repetition = 4 runs forward & 4 runs back (touch floor ea time)
	30	Bear crawls	1 repetition = 4 crawls forward & 4 crawls back
	30	Kick-sits	1 repetition = Each time leg kicks through. (Stable foot to pivot)
	30	Tombstones	1 repetition = Each time you stand
Strength	20	Window wiper press ups	1 repetition = Each time you lower and press to each side
	20	Squat + Heel taps	1 repetition = Each time leg extends forward and the heel taps
	20	Rock press	1 repetition = Each time head touches the floor
	20	9 o'clock lunges to single leg balance	1 repetition = Each time knee lifts and balances (20 reps ea leg)
	20	Walking plank	1 repetition = Each time you walk the body forward
Power	14	Ice skaters	1 repetition = Each side leap & hand reaches across to the floor
	14	Donkey kicks	1 repetition = Each time both feet return to plank.
	14	Burpees	1 repetition = Each time feet land after high jump. Chest to floor
	14	Spot sprints	1 repetition = both knees (not 1) have alternated up past hips
	14	Plank jacks	1 repetition = Each time both feet & hands return to centre